



SENATOR LAURA M. TOY

Serving Garden City, Livonia, Redford Twp. & Westland



Heat and other summer health hazards

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IMPORTANT INFORMATION FOR SENIORS & THEIR FAMILIES

What is heat-related illness?

Heat-related illness can include all of the following:

- Heat cramps
- Heat exhaustion
- Dehydration
- Heat stroke

Myth:

The only people at risk for developing heat-related illness are those who are "overdoing it" by exercising or participating in other strenuous physical activities.

Fact:

During high temperatures, certain people can develop heat stroke even while sitting perfectly still on the couch.

What are some of the warning signs of heat-related illness?

- | | |
|-------------------------|-------------------|
| - Dizziness or fainting | - Headaches |
| - Heavy sweating | - Rapid heartbeat |
| - Muscle cramps | - Nausea |
| - Cold or clammy skin | |

Did you know?

Certain medical conditions can increase your risk for developing heat - related illness, including...

- Heart disease
- High blood pressure
- Diabetes
- Obesity

People on certain types of medication may also be at a higher risk. This includes people on...

- Certain psychotropic drugs (for anxiety, etc.)
- Beta-blockers
- Diuretics

Alcohol consumption can cause dehydration and can hinder a person's ability to reason clearly, making them more likely to stay in the heat longer than they should.

***** If you experience any of these more serious symptoms of heat-related illness, it is important to seek medical attention. *****

IMPORTANT INFORMATION FOR FAMILIES:

Although they're at a greater risk, it's not only seniors who need to be watching for these symptoms, people of any age can suffer from heat-related illness.

Prevention Tips:



1. Drink plenty of fluids

- Know that some prescription drugs can actually interfere with the body's natural cooling system. Others can also dull the senses.
- Some blood pressure medications for example can blunt thirst so takers may not drink enough water to stay hydrated.
- Make sure you are drinking plenty of water every day during the hot summer months.

2. Wear lightweight clothing

- If it is cool in the morning, dress in layers rather than wearing heavy clothing so that you can remove layers as it gets warmer throughout the day.

3. Use air conditioning whenever possible

- If you don't have air conditioning in your home, try to go to the mall, a library, or to visit a friend or relative's house who has air conditioning, etc. - particularly during the hottest part of the day, and on the hottest days of the year.
- The use of air conditioning is one of the most effective ways to prevent heat-related illness.

4. Seek the shelter of shade when outdoors

- The difference in temperature between the sun and shade on a hot day can be 10 degrees or more.

5. Watch out for elderly loved ones and neighbors

- It also is important to watch out for friends and relatives who may be residents of nursing homes, and to ensure they are kept hydrated and as cool as possible.
- Know that persons suffering from dementia or certain other types of mental illness may have difficulties recognizing they are suffering from the effects of the heat.

6. Never sit in a locked car

Dear Friends,

Michigan is truly a special place. We are home to Great Lakes, outstanding recreational opportunities, pristine natural resources, and a rich heritage of innovation and ingenuity.

This summer I encourage you to join me in enjoying all the magnificent things Michigan has to offer. Yet, also to take care of yourself and to avoid the serious health problems that seniors and others sometimes face during the hot months of summer.

Knowledge is power. That is why my office has prepared this informational flyer to make you aware of some of the risks, warning signs, and tips for prevention to keep you and your family safe this summer.

I am proud to serve you in the state Senate, and also to serve as the chairperson of the Senate Committee on Senior Citizens and Veterans Affairs. Let's continue to make great things happen in our great State of Michigan!

All the best,
Senator Laura M. Toy

REDUCE YOUR RISK FOR SKIN CANCER

Tips for staying safe in the sun...

- Avoid prolonged direct exposure to the sun; seek shade if outdoors
- Exposed skin should be covered with sun block with an SPF of at least 15
- Wear a hat or visor to protect your face and neck
- If covering your skin with clothing, make sure that it is something lightweight that will not contribute to overheating

Special Note: Be sure to watch for Senator Toy's cable program on heat and other summer health hazards for seniors featuring special guest Sharon Gire, Director of the Michigan Office of Services to the Aging, this summer on Bright House Networks in Livonia and Redford Township, and on Comcast and Wide Open West in Garden City and Westland. Also, see the related Health feature in the June 19th edition of your local Observer & Eccentric Newspaper.

